

Seniors *at Home* Guide



Happy holidays!

It is hard to believe 2020 is coming to an end. The Danville Senior Center staff wish you all the best in 2021. Beginning in the new year, the Seniors at Home Guide will become a monthly newsletter. You will still be able to find all the upcoming senior programs online at www.danville.ca.gov/recguide and the new Spring activities will be available in the Activity Guide, which will head to mailboxes the first week of February.

Please know we are thinking of you and are available by phone, Monday-Thursday, 8:30am – 5:00pm and Fridays from 8:30am – 1:00pm. The office will be closed for the winter holiday on Friday, December 25 and staff will return on Monday, January 4. Stay safe, stay healthy and we hope to see you soon!

-Leah, Yvonne, Milly & Kellie

Looking for a helpful home project in the new year?

Make sure your space is HomeFit and safe! AARP provides some guidelines to make a home comfortable, safe and a great fit for older adults — and people of all ages. Check it out here:

<https://www.aarp.org/content/dam/aarp/livable-communities/livable-documents/2020/AARPHomeFit-singles-20200812.pdf>

Health Insurance Counseling & Advocacy Program

Health Insurance Counseling & Advocacy Program (HICAP) provides free and objective counseling and advocacy services to Contra Costa Medicare beneficiaries and their families. Beginning December 7, they are changing their primary contact number to (925) 655-1393. Please don't hesitate to reach out to them with this new number after that date.

Yvonne's Recommended Read & Watch List



MOVIE SELECTION

The Christmas Chronicles (2018) (Comedy/Adventure)
Rated: (PG) 1.52 hrs.

The story of sister and brother, Kate and Teddy Pierce, whose Christmas Eve plan to catch Santa Claus on camera turns into an unexpected journey that most kids could only dream about.

Starring: Kurt Russell, Goldie Hawn, Judah Lewis, Kimberly Williams
Director: Clay Kaytis
Critic's Choice: 7.1/10

BOOK SELECTION

100 Favorite Funny Books

In God We Trust (All Others Pay Cash) - by Jean Shepherd

2019 NPR's Summer Reader Poll: 100 Favorite Funny Books. If you've ever seen a leg lamp in a basement rec room, or triple-dog-dared a friend to do something stupid, you've experienced the comic legacy of Jean Shepherd, whose affectionately ironic stories about his Depression-era Indiana childhood were eventually made into the cult movie *A Christmas Story*. (Interestingly enough, a lot of them were originally published in *Playboy* magazine, but you can find them in this handy-dandy compilation and its follow-up volume, *Wanda Hickey's Night of Golden Memories*.)



December is the Season of Giving!

Advance and Enhance your Lifestyle with Education and Resources with Technology Classes from AnewVista.

All AnewVista December Classes are Free. Register by visiting www.danville.ca.gov/recguide and using Activity Code #26460.

Call (925) 314-3430 for registration assistance.

Check out their class offerings this month at:

<https://www.anewvistacs.org/virtual-classes>.

Some interesting topics include:

December 9

Reliable News Sources

December 11

TV Shopping Guide & Streaming

December 14

Smart Speakers & Why You Should Get One

December 18

Video Chat Tools: FaceTime, Duo, Facebook, WebEX

December 28

Read and listen to books on your mobile device.

Customer Testimonial:

"Thank you for giving me 'smarts' about technology and all the offerings available. Not being aware of all that is out there or all the code words, makes one feel inferior in some cases. It can make you feel isolated and uncomfortable. I am feeling empowered with your knowledge transfer to my brain! I have realized I am not alone in my quest for knowledge, some people (our group) are in the same boat that I am but they don't tell you. It does my heart good to realize that fact!" – Rita, AnewVista Student

Foolproof Popovers

A Recipe from the Food Network

Ingredients:

3 tablespoons melted butter, divided
2 eggs
1 cup milk, warmed for 30 seconds in the microwave (should be lukewarm to warm)
1 cup all-purpose flour
1 teaspoon kosher salt
Special equipment: muffin tin

Directions:

1. Preheat the oven to 400 degrees F.
2. Using a pastry brush, coat 8 muffin cups with 1 tablespoon of the melted butter and put the tin in the oven for 5 minutes. Meanwhile, mix the eggs in a blender until light yellow. Add the warmed milk and blend. Add the flour, salt and remaining melted butter, and blend until smooth. Pour the batter into the warmed muffin tin and return it to the oven to bake until golden, about 35 minutes. Remove from the oven and serve warm.

Email us your favorite simple recipes for a chance to be featured in the next edition of the Seniors At Home Guide!



COVID-19 Testing Update

Get a fast, convenient COVID-19 test at no cost to you. Appointments required, available 7 days a week, even if you don't feel sick. Call (844) 421-0804, 8:00am – 3:30pm or visit www.cchealth.org/coronavirus